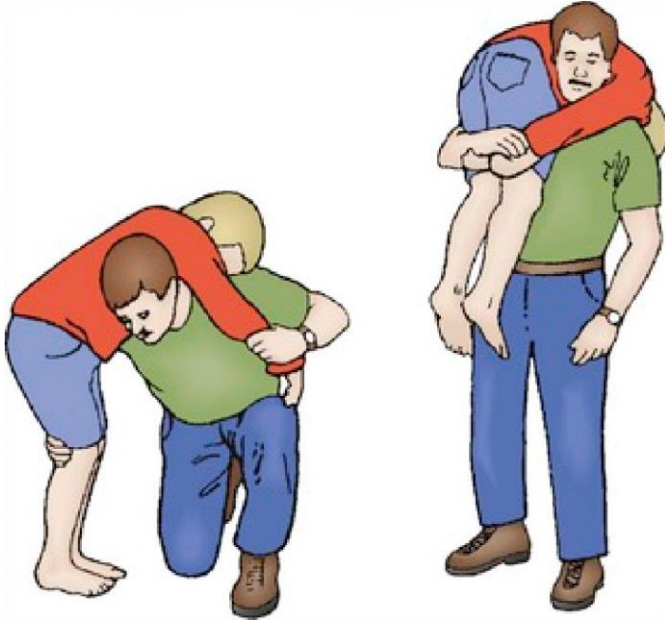
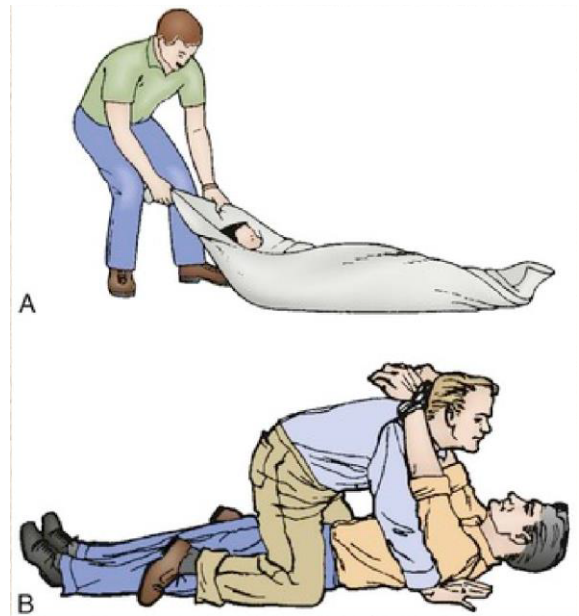


pro plan chart 34

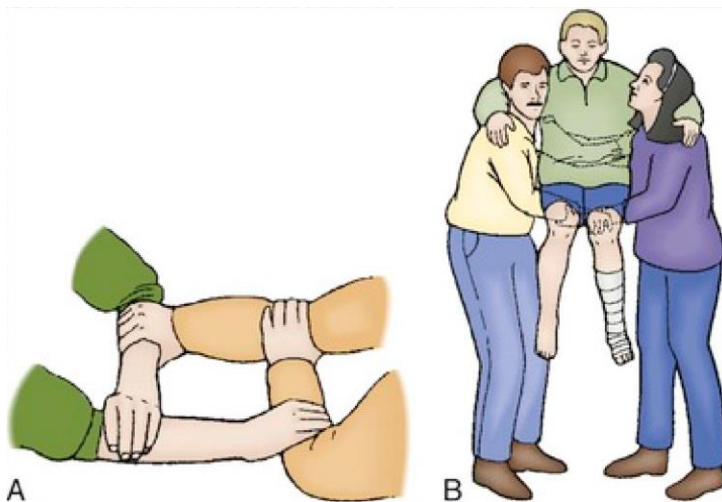
FIRST AID 10 - LIFTS, CARRIES AND DRAGS



Classic Fireman's carry: a single rescuer technique for short distance transport only. The rescuer must use his or her legs for lifting.



A: Blanket drag, **B:** fireman's drag. Both techniques are intended to be used when expeditious transport over a short distance is required.



A: Four hand seat used to carry a person. In this technique the upper body is not supported.

B: Alternate four-hand seat that helps support